



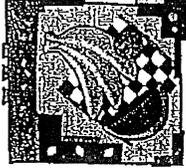
# Sample Michigan Breakfast Menu



1 Yogurt Parfait Juice Lowfat Milk*	2 Pita Whole Wheat Triangles Apple Slices Lowfat Milk*	3 Whole Wheat Bagel Cheese Stick Juice Orange Lowfat Milk*	4 Whole Grain Breakfast Round Petite Banana Lowfat Milk*	5 Apple Bosco Stick Cheese Stick Orange Quarters Lowfat Milk*
8 Hard-Boiled Egg Whole Grain English Muffin Fresh Pear Lowfat Milk*	9 Peanut Butter & Banana Tortilla Wrap Lowfat Milk*	10 Oatmeal Raisin Breakfast Bar Yogurt Fresh Apples Lowfat Milk*	11 Blueberry Muffin Trail Mix Raisins Lowfat Milk*	12 Soft Pretzel Cheese Stick Cucumber Slices Lowfat Milk*
15 Scrambled Eggs Whole Wheat Toast Fresh Strawberries Lowfat Milk*	16 Whole Grain French Toast Cinnamon Apple Slices Lowfat Milk*	17 Oatmeal w/Dried Fruit & Nuts Blueberry Muffin Orange Juice Lowfat Milk*	18 Ham & Cheese Breakfast Sandwich Petite Banana Lowfat Milk*	19 Breakfast Burrito w/Salsa Fresh Orange Lowfat Milk*
22 Mini Maple Pancakes Fresh Pear Lowfat Milk*	23 Egg & Cheese Breakfast Sandwich Petite Banana Lowfat Milk*	24 Waffle Six Fresh Apple Lowfat Milk*	25 Sausage Breakfast Pizza Grape Juice Lowfat Milk*	26 Cheese Omelet w/Vegetables Apple/Orange Slices Lowfat Milk*

**Breakfast Facts:**  
 Research shows that students who eat breakfast  
 Score better on standardized tests  
 Improve academic achievement  
 Have fewer health issues.

Behave better in class  
 May decrease the prevalence of overweight in children



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\*Skim milk and 1% chocolate milk offered everyday.  
 This menu meets the Traditional Meal Pattern (Grades K-12).  
 This menu is a DRAFT. Please email comments and/or suggestions to MDE-Schoolnutrition@michigan.gov.